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## Announcement

### Risk of 2009 H1N1 Flu Associated with Travel to Affected Areas

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The United States is having an outbreak of 2009 H1N1 influenza. This virus spreads easily from person to person. Like seasonal flu, some people may be at higher risk of severe complications from 2009 H1N1 flu.

Most people with 2009 H1N1 flu in the United States have symptoms similar to seasonal flu. Common symptoms of 2009 H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and tiredness. Some people with 2009 H1N1 flu also have diarrhea and vomiting.

If you develop flu-like symptoms and are concerned about your health:

- Avoid close contact with others.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- If you have severe illness or you are at high risk for flu complications, contact a health-care provider or seek medical care. Otherwise, stay home or in your hotel room for at least 24 hours after fever or fever-like symptoms are gone. Your fever should be gone without using a medicine that reduces fever.
- If you have to go out, wear a mask or cover your coughs and sneezes with a tissue.
- Do not travel.

Travelers to affected areas should be aware of the risk of 2009 H1N1 flu. Go to the [CDC H1N1 Flu website](#) for a list of affected areas.

## What You Can Do to Stay Healthy

Influenza viruses are thought to spread mainly person to person when infected people cough or sneeze, but may also spread by touching an infected surface and then touching your eyes, nose, or mouth. Here are some things you can do to decrease your risk of getting 2009 H1N1 flu (or other flu types) and prevent it from spreading:

- **Take everyday actions to stay healthy.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash.
  - Wash your hands often with soap and water, especially after coughing or sneezing. You can also use an alcohol-based hand gel (containing at least 60% alcohol) when your hands are not visibly dirty.
    - If you cannot wash your hands with soap and water and do not have an alcohol-based hand gel, other hand sanitizers (that do not have alcohol in them) may kill flu germs on hands. There is not as much information about whether these types of sanitizers are effective.
  - Avoid touching your eyes, nose or mouth. Germs spread that way.

- Stay home if you get sick. CDC recommends that you stay home for at least 24 hours after fever or fever-like symptoms are gone. Your fever should be gone without using a medicine that reduces fever. You should also limit contact with others to keep from infecting them.
- **Avoid contact with ill persons.**
- **Stay informed.** Go to [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO for more information on 2009 H1N1 flu.

## For more information:

- Contact your local or state health department
- Visit [www.cdc.gov/H1N1flu/](http://www.cdc.gov/H1N1flu/)
- Contact CDC 24 Hours/Every Day
  - 1-800-CDC-INFO (1-800-232-4636)
  - TTY: (888) 232-6348
  - E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)